

Creating A Magical Relationship:

A Practical Guide To What Men Want and Women Need

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Chapter 1

Begin With The End In Mind

It is well known that men and women are different, both physically and with their requirements from a relationship. These differences often create problems. One of the main statements I hear is "We're both so different, I don't know if we should be together."

While it may appear you and your partner are from different planets, the fact is you are not. If you want to be in a relationship, it is important to deal with these differences.

"Is it possible to do this?" you may ask. Most definitely. There are many examples of successful relationships, people who have been happily married for over fifty years. Then there are others that fail after a short period. Even in these, initially there was success. When they first met, they set out to impress each other and overcame their differences to ensure their relationship blossomed. Had they not, the relationship would never have left the ground. Differences can be overcome.

Relationships need to be continually developed. They are often difficult because they contain much emotion. You not only have to contend with your own feelings, you also have to contend with your partner's, your children's, parents and in-laws. When it is going well, you feel elated. When things go wrong, you feel devastated or react harshly.

Relationships are constantly under pressure. When things continually go wrong, they do so for numerous reasons, some complex, some simple. Essentially, the people involved do not have the skills or the knowledge to know what makes a relationship a success.

Lack of knowledge and skills lead to a "hit and miss" situation. When your emotions rule your actions, your relationship is headed for trouble. Feeling insecure, jealous, envious, possessive and/or fearing failure, change and rejection will place an enormous strain on your relationship as these emotions create fear and barriers to protect you from being hurt. They cause you to adversely react rather than respond to a situation.

In today's society, people are prepared to take the easy way out. When things become tough, they prefer to walk away rather than stay and resolve the conflict. They see conflict resolution as being too difficult. Either they have held onto the problem for too long or they do not possess the skills to resolve it.

Before you enter into a relationship, or, if you are already in one, learn the skills that are necessary to ensure your relationship succeeds.

A Reality Check

It is easy to meander through life without even thinking about how you can achieve the best from it. To ensure you have your priorities right, complete the following:

Exercise A: In your life, what is the number one thing you would hate to lose? In other words, what is most important to you? Is it your partner, children, health, car or money? Rate them in order from the most important.

- 1.
- 2.
- 3.
- 4.

In doing this exercise with people I consult, their four most important things, in order, are 1. Relationship with partner, 2. Children, 3. Health/Fitness, and 4. Financial security.

Exercise B: Think about the time you spend daily developing each area in your list from Exercise A. If health and fitness are important, how much time do you spend on average per day improving them through reading relevant books and exercise? How much time do you spend developing and improving your relationship? You may spend some time with your partner without it being productive.

Rewrite your list from Exercise A in the spaces below keeping the order the same. Write in the spaces on the right hand side how much time you spend on average per day developing each area.

Time Spent

- 1.
- 2.
- 3.
- 4.

It makes sense to think that if something is of utmost importance, you would spend much time developing that area. You may find this is not the case. Most people I consult, especially men, spend most of their time working on their financial security (which is lower down the list) and the least amount of time developing their family and relationship with their partner (which is generally number one in importance).

How did you go? Are you giving priority to those things that are important? If not, it may be time to reassess what you are doing.

John owned a growing business. His wife, Maureen, was thinking of leaving him. She had become tired of telling him they were having problems with their relationship. After consulting with Maureen, I thought it would be a good idea to consult John. On entering my office the first words he said were "I don't know why I'm here. My wife said I should see you for a reality check".

John thought his relationship with Maureen was good. Sure, they had some problems, but so does everybody. When asked to complete Exercise A, he listed 1. His wife, 2. children, 3. health, and 4. hobby. I asked where financial security came and he replied "Fifth".

"How much time per day do you spend developing each?"

"Wife nothing, children half an hour, health nothing, hobby two hours and money fourteen hours."

John was consumed with making money. He took it for granted Maureen had the same vision and would be there for him. While John thought his relationship with Maureen was okay, she thought differently. This reality check was a wake up call that made him refocus on those things that are important. He cut back on time at work and began spending quality time with his wife and children. He began to exercise and eat healthier foods.

Most people do not realise what they have until they lose it.

It is only when someone loses their health that they realise how important it was to be healthy. They then wish they had done more to improve it. Relationships are the same. How would you feel if your partner left you? There is a good chance it would affect the way you feel, your children, health and financial status.

Most people are "curers" rather than "preventers". They wait until something goes wrong before addressing it and then hope to cure the situation. While they are told to eat properly and exercise, it takes a heart attack before they do it. Many wait for a relationship to fail before they do anything about it.

Preventing things from going wrong is a much easier task.

Ensure you spend the time developing those areas that are important to you. You will certainly enjoy the benefits.

Know What You Want To Achieve

People enter a relationship with no idea of what they want to achieve from it. They "hope" for a long-lasting relationship that remains as passionate as it was at the start.

Not knowing what you want to achieve is the same as having no direction. It is like being in a nice car and thinking "This feels great. Where will I drive?" You can drive around aimlessly and end up nowhere. If you select a destination, you have many options on how to get there. Once you know where you want to be, the journey becomes clear.

This is also true for relationships. Once you know what you want to achieve from your relationship, the journey on how to achieve it becomes clear.

Relationships are like being in business. According to my accountant, between 65% and 85% of new businesses fail in the first five years. The main reason is a lack of future planning. At the beginning of the business, customers will check out the new business and sales will be good. When sales wane, the business owner does not have a plan in place to improve either the

way he does business or secure new business. If the business owner “hopes” clients will walk through their door and spend money in an ongoing way, they may be in for a rude shock. The successful business owner has contingency plans to ensure clients continue to do business with them. They continually improve customer service and the attitude of their team. They know, the more switched on everyone is, the better they perform.

This also holds true for relationships. They need to be continually worked on. Many relationships fail after about seven years (which is why this period is called the “seven year itch”). One of the main reasons they fail is because the people involved do not continually seek ways to improve themselves or the state of their relationship.

To begin your journey to ensure your relationship is a success, complete the following exercises:

Exercise: What are you looking to gain from your relationship with your partner? Are you looking for love, excitement, passion, friendship, sex, romance or security?

.....
.....
.....

Exercise: What is your partner looking to achieve?

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.....
.....

Once you and your partner know what you want, it is simply a case of working on those areas to ensure you both achieve what you desire.

The Success Of Your Relationship Depends On You

It takes two people to make a relationship work. It generally takes two to destroy it. To enjoy a successful relationship, you have to take ownership for your part.

Blaming others for problems means you are not responsible and do not want to examine the cause. When you blame, the person you are blaming has to sort out the problem for you to feel good. If you wait for another person to sort it out for your benefit, you could wait a long time. This person then determines how you feel for the duration.

How many couples do you know who argue without gaining a result? They dwell on things and begin complaining to their friends and family. Complaining will never fix the problem.

The best way for your relationship to go forward is for both of you to take responsibility. This means owning the problem and implementing a solution that suits you both. If your partner does not want to take ownership, it is important you do. One person working on a solution is better than neither.

In the next chapter you will learn about my theory on how relationships progress, where your relationship should “ideally” be and how to get it into that spot.

You will also learn about Commitment and the “C” Spot.

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